

Post-test

You may use the learning package to look up answers to the following questions. Write the best answer on the answer sheet (page 17). **Please be sure to complete all test items.**

1. Which of the following can we tell lactating women about beer?
 - a. Research has shown that beer increases milk supply and has few short-term adverse effects.
 - b. It appears that consumption of beer elevates prolactin levels.
 - c. Infants consume more milk when their mothers drink alcoholic beer.
 - d. Non-alcoholic beer has no effect on either prolactin levels or the infant's suck behavior..
2. Which one of the following groups has the greatest risk of mastitis, compared to the others?
 - a. primiparae who are suckling their infants.
 - b. multiparae who are suckling their infants.
 - c. primiparae who have had a cesarean delivery.
 - d. multiparae who are using a hand pump.
3. If a mother knows in advance that her infant will be having a blood sample drawn, you can advise her that suckling during the procedure:
 - a. dramatically eliminates crying and grimacing.
 - b. somewhat reduces crying and grimacing.
 - c. reduces crying, but substantial grimacing indicates pain.
 - d. has no effect on crying and grimacing.
4. If parents ask about the role of the FDA in regulating infant formula, which of the following would be the most appropriate response?
 - a. The FDA establishes quality-control procedures for manufacturing of infant formula.
 - b. The FDA makes sure ingredients in infant formula are beneficial for infants.
 - c. The FDA has made only a few recalls of formula since the Infant Formula Act of 1980.
 - d. The FDA can recommend but not regulate the labeling of infant formula.
5. Based on the recent study by Dennis et al, what can we determine?
 - a. Breastfeeding at one week has been associated with the presence of peer counselors.
 - b. Telephone support is as good as in-person support for breastfeeding mothers.
 - c. Some mothers decline help from peer counselors.
 - d. Peers require at least an 18-hour training course to effectively provide support.
6. Which of the following contains the most caffeine?
 - a. a 12-ounce can of cola
 - b. a 12-ounce glass of iced tea
 - c. a 10-ounce mug of coffee
 - d. a 6-ounce cup of black tea
7. Which of the following might be a criticism of the epidural study by Baumgarder et al?
 - a. The study had low statistical power.
 - b. Cesarean section was a confounding factor in the study.
 - c. The data collection tool used in the study lacks established validity.
 - d. Prolonged second-stage labor was a confounding factor in the study.

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8. Which of the following recommendations would be appropriate for a breastfeeding mother who wants to drink caffeinated beverages?
 - a. Limit your caffeine intake to about 400 mg per day.
 - b. Limit your caffeine intake to about 200 mg per day.
 - c. Expect side effects in the baby about 30–40 minutes after breastfeeding.
 - d. Remember that the amount of caffeine in the infant's blood is the same as in the mother's milk.
9. Studies by Carbajal et al and Gray et al have shown that when infants are breastfed during venipuncture they have pain relief that is:
 - a. similar to what they experience by using a pacifier, but better than what they get from consuming glucose water.
 - b. similar to what they experience by consuming glucose water, but better than when they suck a pacifier.
 - c. marginally statistically different from what they would experience with being held.
 - d. more effective than sucking a pacifier, being held, or consuming glucose water.
10. Currently, the AAP recommends that vitamin D supplements should be given to:
 - a. all breastfed infants, beginning at 2 months old.
 - b. all breastfed infants, beginning at 6 months old.
 - c. only breastfed babies living in cloudy climates.
 - d. all dark-skinned babies, regardless of feeding method.
11. Bergmann's recent study showed that:
 - a. bottle-fed babies had BMIs about the same as breastfed infants at 3 months.
 - b. at 6 months, a higher proportion of breastfed infant exceeded the 90th and the 97th percentiles.
 - c. At 6 months, a higher proportion of bottle-fed infant exceeded the 90th and 97th percentiles.
 - d. the prevalence of obesity nearly tripled by age 6 among children who had been bottle-fed.
12. All of the following could be criticisms of the CDC's study on breastfeeding EXCEPT:
 - a. the study required recall over a long time period.
 - b. "exclusively breastfed" babies received water.
 - c. the study had a limited sample size.
 - d. a stratified analysis was performed on the data.
13. In Kramer's study, compared to infants who were exclusively breastfed for 3 months then received mixed feedings, infants who were exclusively breastfed for 6 months or longer had a:
 - a. lower prevalence of atopic conditions.
 - b. lower prevalence of gastrointestinal infections.
 - c. lower mean length.
 - d. lower mean head circumference.
14. Based on the existing studies, which of the following is true about re-lactation?
 - a. Nipple stimulation is needed about every 2 hours.
 - b. Relactation is unlikely to be successful unless women use galactagogues.
 - c. An electric pump is necessary to establish supply.
 - d. Chances of full relactation are greater if the "gap" is less than 10 days.

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15. According to Evans et al, which of the following would be good advice to a mother who has had a cesarean delivery?
 - a. An average-size baby takes in about 100 ml on the 2nd day of life.
 - b. An average-size baby takes in about 75 ml on the 2nd day of life.
 - c. Cesarean-delivered babies take in the same quantity of milk on days 1 to 5.
 - d. Cesarean-delivered babies can have little milk transfer after day 10.
16. The American Academy of Pediatrics Committee on Nutrition's 2003 statement on obesity recognizes that breastfeeding:
 - a. varies directly with obesity.
 - b. varies inversely with obesity.
 - c. has no significant impact on obesity.
 - d. has not been studied in relation to obesity.
17. Bromine-based fire retardants could be characterized as:
 - a. rarely found in the U.S.; few people are exposed to them.
 - b. somewhat uncommon; only plastics workers are exposed to them.
 - c. very common; they are found in most homes, offices, and vehicles.
 - d. not well understood, but banned in the United States.
18. The recent study of PBDEs by the Environmental Working Group aimed to:
 - a. compare PBDE contamination in human milk and cow's milk formula.
 - b. warn mothers that any amount of PBDEs in their milk warrants clinical follow-up in their infants.
 - c. caution mothers with high levels of PBDEs in their milk not to breastfeed.
 - d. advise that PBDE levels in humans are doubling every 5 years and the source is dietary fats.
19. Dewey et al showed that:
 - a. infants breastfeed as few as two times and as many as ten times during the first day of life.
 - b. most mothers have a copious supply of milk at between 36 and 48 hours.
 - c. there was a significant correlation between intrapartum medication and excess infant weight loss in multiparous women.
 - d. there was a significant association between low maternal confidence and excess infant weight loss in primiparous women.
20. Which of the following is true about the FluMist® vaccine?
 - a. It is injectable, and any baby will fuss when it is administered.
 - b. It is a live virus, and can be shed from the mother to the infant.
 - c. The CDC has said that it is safe for breastfeeding mothers.
 - d. The AAP has said that it should be given directly to the baby.

Post-test Answer Sheet

Answers to Post-test

Please make sure to completely fill in each circle you select.

	A	B	C	D		A	B	C	D
1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	11.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	12.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	13.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	14.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	15.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	16.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	17.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	18.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	19.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	20.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

By signing below, I declare that the above statements are true.

Signed _____

If IBCLC, date of certification: _____

We will not grade your post-test until you mail or fax all of the following materials:

- Package evaluation
- This sheet, completed and signed
- Payment for \$25.00 (Check, Visa, MasterCard, American Express or Discover) to:

Breastfeeding Outlook, Dept. CE
PO Box 387, Herndon VA 20172-0387
Fax: 703-787-9895

Name _____ Organization _____

Address _____

City, State, ZIP _____

Phone _____ E-mail _____

Please select a payment method for the continuing education fee of \$25.00:

- Check enclosed Visa MasterCard American Express Discover

Name on card _____

Card Number # _____ Exp date _____

Signature _____

Statement from Participant

I have:

- Completed the 10-question true/false pre-test on page 8.
- Read all of the 2002 and 2003 issues of *Breastfeeding Outlook*.
- Completed the open-book post-test on pages 14–16 **without assistance from others**.
- Written answers to the post-test **in the spaces to the left**.
- Completed and returned the evaluation form on pages 18–19.
- Understood that payment is for the opportunity to earn credits and is not refunded if I do not pass the post-test.
- Enclosed my payment.

Evaluation

Our aim is to provide high-quality learning resources for health care professionals. We need your help! Now that you have used this resource, please let us know what you think! **Please make sure to completely fill in each circle you select.**

	Excellent	Good	Fair	Poor
1. The extent to which the self-learning package met the stated objectives:				
• Describe how study results can influence breastfeeding and lactation management	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Counsel mothers appropriately, based on emerging societal issues and trends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Describe new technologies that support breastfeeding in terms of their indications, advantages, disadvantages, and clinical how-to techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Describe new statements and efforts by national and international organizations that may drive changes in recommendations for lactating mothers and their nurslings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Extent to which the package increased/updated my knowledge of the content:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Information was clear, concise and well-organized	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Material presented was based on scientific principles and research findings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Theoretical information given was relevant to clinical situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Effectiveness of the package:				
• Stimulated critical thinking.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Integrated scientific data with real-life clinical situations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Rate the following:				
• Satisfaction with ordering and shipping.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
• Clarity of instructions for completing the package	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Overall, this self-learning package was:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Professional Credentials (check all that apply)				
___RN	___MD	___FACCE or other childbirth certification		
___Certified by NCC	___CLC	___Other _____		
___CNM	___IBCLC			
___RD	___CLE			

10. What was your main reason for purchasing this package?

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Evaluation (continued)

11. Is a self-learning package an effective learning tool for you? Why or why not?

12. Would you recommend this package to a colleague? Why or why not?

13. How long did it take you to complete this package?

14. How could it be improved?

15. We would like to develop more self-learning packages to meet your needs! Please check the topics you would be interested in:

- | | |
|--|--|
| <input type="checkbox"/> Breastfeeding the Preterm Newborn | <input type="checkbox"/> Candida: Implications for Breastfeeding Couplets |
| <input type="checkbox"/> Helping the Infant with Failure to Thrive | <input type="checkbox"/> Breastfeeding Infants with Special Needs (Cleft, etc.) |
| <input type="checkbox"/> Breastfeeding Medications During Labor | <input type="checkbox"/> Predicting and Preventing Early Breastfeeding Cessation |
| <input type="checkbox"/> Breastfeeding and Maternal Postpartum Medications | <input type="checkbox"/> Other (please specify) _____ |
| <input type="checkbox"/> Ethics and the Lactation Professional | _____ |

Thank you for your feedback!

Please send your completed evaluation form to:

Breastfeeding Outlook, Dept. CE
PO Box 387
Herndon VA 20172

Or fax to: 703-787-9895